

Volume #1, April, 2005

Welcome to our new e-newsletter!

Clinical Nutrition Center is excited to bring you the first edition of our new e-newsletter! This letter is brought to you as a joint effort by the staff at CNC and input from our patients.

Please enjoy the material, and feel free to forward it to anybody you feel may be interested. Anybody receiving this as a forward can subscribe through our web site at

www.ClinicalNutritionCenter.com.

Simply click on the *Healthstyles* tab, and you can quickly and easily subscribe (or unsubscribe if you'd like to be taken off of the list).

Also, please explore the web site - we have added a lot of new information including: practice statistics, prior versions of

our *HealthStyles* newsletter, updated patient education and news sections, and a whole lot more!

We hope you find some good tips in every edition of *HealthStyles*. Our goal will be to get this out approximately once per quarter. We welcome your submissions! If you have ideas, recipes, feedback, etc., please submit it to us through the *HealthStyles* tab at the website.

Ethan Lazarus, MD

Spruce Up - Eat Smart!

Spring is here! This is a great time to make healthy meals and promote nutritious eating habits for the summer. CNC is excited to announce a new program. The first, **"Spruce Up - Eat Smart"** will include 2 sessions run by Mary Ellen Doukakis, R.D., on Wednesday April 20th and April 27th at 5:30 PM. There will be a limit of 10 people per class. Normally, our sessions will be

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\$52 each, but for this first series, we are offering the **2 classes for the price of one!** These spots will fill up quickly, so if you are interested, sign up now so you don't miss out!

CNC announces Lisa Ininns!

CNC is excited to announce the addition of Lisa Ininns to our staff. A registered dietitian with over 20 years of clinical experience, Lisa has a special interest in weight management, lifestyle education, diabetes, fitness and exercise. She is

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married with three children ages 9, 12, and 16. Her hobbies include swimming, running, skiing, and most outdoor activities.

Lisa is available for appointments beginning in April.

ARE YOU READY FOR A SPRING TUNE-UP?

Replace Winter Blahs with Spring Action

Lots of well-intentioned New Year's Resolutions fall by the wayside. Whether your goals were too lofty or you were sick in bed with the flu, we all

know how hard it is to stay motivated when winter days end before five o'clock. Curling up in front of the fire, TV or computer is so much more attractive than going outside when it is dark and cold.

Exit winter, enter spring. Let's take another look at those resolutions. Perhaps a small revision or two would make them practical now? The important thing to remember is divide tasks into small steps and just get started. Then, if a step doesn't produce the expected results, learn from the experience, redesign the "step" and move forward. For example:

New Year's Resolution:

"I'm going to follow my diet perfectly and exercise five times a week for the next three months."

Spring Revision (with smaller steps):

"1. It's OK to start exercising by taking the stairs at work during the week and walking on my treadmill for 20 minutes on Saturdays and Sundays. As this gets easier, then I'll add a treadmill day during the week."

2. Adhering to my diet will require fewer decisions and less effort during the week if I meal plan and grocery shop on the weekend before. Then, on workdays, I can just grab my food and go. When I get home after work, dinner is easy because the foods I need are in the refrigerator or cupboard."

If you still have trouble implementing your spring tune up plan, maybe you are procrastinating...



ARE YOU A CHRONIC PROCRASTINATOR?

- ❑ Do you plan so many fun activities that it leaves you with too little time to do your work? (*Or eating plan or exercise program, etc.*)
- ❑ Do you often avoid making decisions?
- ❑ Do you avoid conflict or arguments? (*e.g., Being assertive about your needs.*)
- ❑ Do you make big plans and rarely follow them to completion?
- ❑ Do you avoid trying something new or challenging? (*Do you fear failing? Or fear success?*)
- ❑ Are you staying in a job that makes you unhappy because you fear interviewing or change?
- ❑ Do you tend to get sick when you need to do something that you really don't want to do? (*I always get a headache when I'm under a lot of pressure.*)

- ❑ When you fail to meet a deadline or complete a job, do you tend to blame others? (*My roommate/ kids/ coworkers always bring donuts.*)

If you answered *yes* to two or more of these questions, you may have a problem with procrastination that is interfering with realizing your full potential and resultant happiness.

Improve Your Procrastination Profile With These Steps:

1) Can you articulate what you get from procrastinating? ("I can't stand to not have fun."; "I want to avoid failure." Or "I hate routine chores or tedium.")

2) Prioritize Tasks: When everything feels like a priority, we all feel overwhelmed.

Try listing the things you need to do in one of the following three columns: **Now** (within the next 24 hours); **Soon** (within the

Putting things off has more to do with our internal beliefs and feelings than laziness. Are you willing to look inside for your answers?

Notice which situations and issues trigger delays. These can include your love life, having fun, friends, your body, your job or money. That may be where you feel most conflicted and anxious or afraid.

next 2 or 3 days); **Later** (at the end of the week). You may have to remind yourself that everything does not need to be completed today regardless what we tell ourselves!

3) Question your beliefs. Do you tell yourself that you work better under pressure?

What evidence do you have that this is true? Test yourself by doing one task ahead of time and one at the last minute. Test other myths such as "only perfection is acceptable." Or "I don't have the ability."

4) Control your impulsiveness. Most procrastinators jump from one task to another without completing anything. Start with a

simple task. Make yourself complete it before moving on to another.

Procrastinators are often easily distracted. Make yourself complete the task before taking a snack break, making a phone call or checking your email.

5) Realize that old habits die hard. Change happens gradually with commitment to the above techniques. If you change one small thing each week, you are making good progress. Give yourself credit for making these changes even when they seem small.

6) Help a fellow procrastinator. Teaching one or more of the above techniques to someone else can reinforce continuing to do it yourself.

Mickey Berry, MA, LPC

Weight Maintenance Tips from Tracy

Maintaining weight in a society which is toxic for weight maintenance is a huge challenge. Luckily, it gets easier as time goes on. Stock your fridge with

foods that are easy to grab, and that you enjoy. Pack your lunch every night for the next day's work. Plan in a treat every day or two.

Exercising has to be as automatic as brushing your teeth! Lay out your workout clothes so that you will literally fall over them during the course of your morning or evening activities. Plan to do something every day. That way if (when) you miss one, it won't be a big deal.

For a very easy lunch, take bag salad, top it with canned or foil pouched tuna, salmon or chicken breast. Sprinkle on lowfat vinegarett, soy sauce or lemon juice and enjoy! If you're on an exchange program, add a cup of

SUZANNE'S TOP TEN LIST: "DIETARY MISTAKES"

- Waiting until "tomorrow" to take care of your health, instead of "doing it now."
- Believing that you don't have the ability to change bad habits
- Having no eating plan for each day.
- Binging after a slip-up and then waiting until "tomorrow" to get back on track.
- Eating or snacking after your hunger quits.
- Skipping breakfast.
- Being too busy to eat during the day.
- Avoiding vegetables and/or fruits.
- Committing to eating-changes that you can't stick to for the rest of your life.
- Exercising to lower scale numbers rather than to improve your health.

Suzanne Boos, RD

yogurt, a fruit and a few whole wheat crackers.

The people who live the longest are the ones who eat *fourteen servings of fruits and vegetables daily!* This number has come up in surveys of centenarians in both Japan and the U.S. What a great goal!

Take out your favorite pair of shorts and leave them where you can see them. If you're maintaining, make sure they still fit. If they're a little small, make a pact

with yourself to get into them by the time the weather warms up!

Tracy Guyer, RD

Make exercise more fun!

If you use home exercise equipment, tape your favorite shows and then only watch them when you do your workouts. It gives you something to look forward to when you're exercising!

Joan Knoll, RD

Add a new twist to your protein shakes:

Chocolate mint packets: thicken with only 6 oz. water and then add ice.

Lemon Chiffon packets: thicken with only 3 oz. water and add ice. Top off with Reddi-wip spray topping. It makes a nice semi-frozen dessert drink.

Joan Knoll, RD

Chili-Egg Puff

It's hard enough getting dinner ready, let alone trying to meet everyone's likes, dislikes and nutritional needs in that

meal. Following is a recipe I've adapted from a family favorite that fits in well with the nutritional demands of a family member who is following the Modified Fast or Nutrifast as well as with the demands of picky eaters. It's a one-bowl recipe that will take five minutes to assemble and thirty-five minutes to cook. Enjoy!

Ingredients:

5 eggs
1/2 tsp. Baking powder
1/4 tsp. Salt
1 Cup 1% Cottage Cheese
2 Cups Low-fat Cheddar Cheese, shredded
1 can (4 oz.) diced green chiles, drained

In a bowl, beat eggs until light and lemon-colored. Add baking powder, salt, cottage cheese and cheddar cheese. Mix until smooth. Stir in chiles.

Pour egg mixture into an 8 x 10 pan that has been prepared with non-stick aerosol spray. Bake uncovered in a 350 degree oven for about 35 minutes or until top is browned and center appears firm. Serve immediately.

Makes 5 servings, each containing 21 g protein (3 oz), 12 g fat, 6 g carbohydrate, and 227 calories.

Becky Hoskins, RD

English Strawberry Trifle

Ingredients:

1 carton fat free sour cream (8 oz).
1 1/2 cups skim milk
1/4 cup orange juice
1 package vanilla sugar free instant pudding mix (.9 oz)
10" angel food cake, torn into bite size pieces
1 package frozen no sugar added strawberries, sliced and drained (10 oz)
1 package frozen raspberries no sugar added (10 oz)

Mix sour cream, milk and orange juice with mixer until smooth. Add pudding and beat until thickened (1-2 minutes). In large, deep serving bowl, layer 1/2 of the cake pieces, 1/3 of the drained fruit, and 1/2 of the pudding mixture. Repeat layers. Arrange remaining fruit on top. Cover, refrigerate at least 2 hours.

Yield 10 servings, serving size 3/4 cup, chilling time 2 hours. 158 calories per serving, 3 gm fat, 2 gm saturated fat, 2 gm cholesterol, 176 mg sodium.

Mary Ellen, RD

Personality and Weight Loss

Our unique personalities influence our eating and exercise decisions every day, yet we rarely stop to ponder how they ultimately affect our behaviors. We all have different facets of our personalities that can either be assets or provide challenges when it comes to how we make food and exercise decisions.

Failure at dieting or maintaining weight loss can often result when trying to practice behaviors that just don't "fit" one's personality. Some of these individual or personality differences might include: the preference for routine in one's life (e.g. exercising at the same time each day) vs. a preference for a lot of flexibility (e.g. flexible exercise times); food and exercise decisions might be very logical (thinking) decisions for some people, but for others might be based more on emotions

(feelings) that guide their decision making process.

Understanding how and why we make these types of decisions can be very insightful. Better insight might also be the first step in changing old, non-helpful behaviors into new, more useful behaviors. We can learn to maximize the use of those personality preferences that lend themselves to helpful weight loss behaviors and we can learn to adjust some of the non-helpful ways of thinking that might be interfering with our success. We can't change our basic personalities, but we can learn to see our "blind" spots and make some adjustments that will be more helpful to us.

Our behaviors (or personalities) tend to be fairly consistent from day-to-day. We generally behave in ways that feel normal or natural to us. Trying to force new behaviors that feel unnatural can be frustrating, especially for long-term or permanent

behavior change. The good news is that people of all types of personalities can lose and maintain their weight loss! One key, though, is to understand the parts of our personalities that are holding us back and hindering our success, especially when we are feeling stressed or overwhelmed.

The Myers-Briggs Type Indicator (a personality profile instrument) is one tool for exploring our personality differences. It is a questionnaire that sorts our preferences for how we make decisions, handle life, take in information, what gives us energy or drains our energy and other useful insights. If you are interested in learning more about personality and weight loss, please let us know!

Tanja Bugas, MS, RD